



Tropical Fruit Platter

Ingredients

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| 1 (20-ounce) can pineapple slices, each cut in half | 1 mango, peeled and sliced |
| 1 large papaya wedge, peeled and sliced | 2 cups strawberries, stemmed |
| | juice of 1 lime |

Preparation

1. Arrange pineapple, papaya, mango, and strawberries on a serving platter.
2. Sprinkle lime juice over fruit. Serve.

A quick and easy way to get more fruits into your day.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 119, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg